



November 2020

# NEWSLETTER

*Brought to you by*



- *We Need Your Input*
- *Activities at a Glance*
- *Mindfulness Mondays*
- *Song Club*
- *Drop In*
- *Walking Group*
- *Creative Connection*
- *Journaling Time*
- *Clubhouse Update*
- *The Buddy System*
- *Kitchen Goodies*
- *Thrift Shoppe*
- *Remembrance Day Meanderings*
- *Experience Growth & Connection Through Online Workshops*
- *Participant Funding*

*Our Culture,  
Our Community,  
Our Programs!*



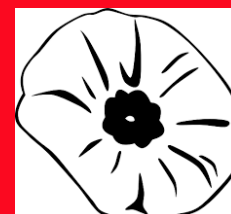
## In Flanders Fields

John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



# **WE NEED YOUR INPUT!**

**We are looking at renaming our Clubhouse  
Help us come up with a great name!**

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**Wellness Centre:**

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**Welcoming Centre:**

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**Wellness Hub:**

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**The Hub:**

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**The Discovery Centre:**

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**Other:**

## **What is Your Choice?**

Email  
participant.services.sr@cmha.bc.ca  
before the end of November

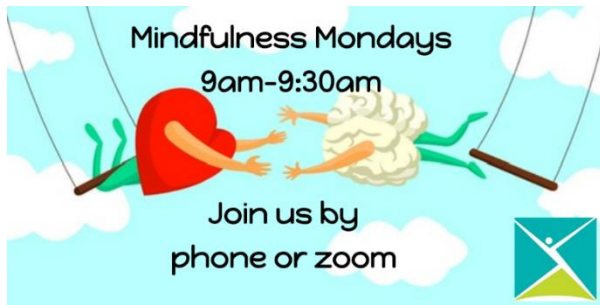
**Feel good that you guide the  
Future of Canadian Mental  
Health Association's Wellness  
Programs**



**CHECK OUT THE NEWSLETTER FOR MORE INFORMATION ON THESE ACTIVITIES**

**Check the Newsletter  
Some Activities Require Sign Up in Advance**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MINDFULNESS MONDAYS 9:00am - 9:30am				
THRIFT SHOPPE DONATIONS 9:00am - 11:00am	THRIFT SHOPPE OPEN TUESDAY - FRIDAY 10:00am - 3:00pm			
		WEDNESDAY WALK 10:00am - 11:00am		JOURNALING 10:15am - 10:45am
SONG CLUB 11:00am - 12:00pm				
	DROP IN 1:30pm - 3:00pm		CREATIVE CONNECTIONS 1:30pm - 3:00pm	



**Every Monday  
Until December 14<sup>th</sup>**

Start your week with a little self-compassion by paying attention to the present moment.

We invite you to join Denise and Shannon for these Monday morning sessions on mindfulness. Everyone is welcome. You have the option to join us by video or telephone. Details below.

Remembering to take a pause to bring our attention to the present moment can make a big difference in our lives and to those around us.

Please Note: *When we pay attention to our thoughts, feelings and body sensations, this can sometimes spark the need to talk to someone. You can use this email info.sr@cmha.bc.ca to request further support or help navigating services and the 24/7 crisis line is always available at 1-888-353-2273.*

**Join Zoom Meeting**

<https://us02web.zoom.us/j/84161471969?pwd=V2oxbFhkUVFweFI2RDZCZkdVMFpZdz09>  
Meeting ID: 841 6147 1969  
Password: 416784

If you prefer to call in by telephone:  
1-647-558-0588  
Meeting ID: 841 6147 1969  
Password: 416784



Music can give us a space to feel and connect to emotions, lift us up when we're feeling down, help us through when we feel alone, and release pent up feelings when we just need to sing out loud.

Join others and share your experience with how music affects you. Hearing from others helps us to feel more connected and expands our access to music and songs to add to our playlists.

**'Song Club' Mondays 1:30-2:30pm**

*This is an online group for sharing and discussing songs brought forward by you. Come join in the journey that music takes us*

To sign up for 'Song Club' contact  
Nanika - cell phone: 250 804-5628 or  
e-mail: [nanika.albricht@cmha.bc.ca](mailto:nanika.albricht@cmha.bc.ca)





**Tuesdays**  
**1:30 - 3:00pm**

It's been wonderful exploring a new location for 'drop in' this fall as we met up at Blackburn park under the newly constructed shelter put up by the Rotary Club.

We enjoyed playing games including baseball, baccari and croquet. As well, we created our own cards to send out to those we are thankful for. Everybody joined in and made their own fall baskets for a centerpiece at Thanksgiving.

Drop In is a place to come and have some fun connecting with others and enjoy an activity or new experience together. We are so grateful for everyone's flexibility in finding ways to connect while keeping safe.

As we head into colder temperatures, we will be meeting online with the possibility of opening up to a safe indoor meeting space in the near future.

To sign up for 'Drop In' contact  
Nanika - cell 250 804-5628 or  
e-mail [nanika.albricht@cmha.bc.ca](mailto:nanika.albricht@cmha.bc.ca)  
Lorrie - cell 250 804-9617 or  
e-mail [lorrie.campagnolo@cmha.bc.ca](mailto:lorrie.campagnolo@cmha.bc.ca)

### **Walking Group**

Well the weather has certainly changed, and we find ourselves layering up with our warm cozy sweaters and insulated jackets. What a beautiful time of year for taking a walk! The cool air adds cheerful blossoms to our cheeks and noses and the brightly coloured leaves crunch under



our feet. The rain still brings the worms out to say hello even as we say goodbye to the honking geese, flying south

in their geometric formations. We move a little quicker on these fall days, our bodies generating their own heat to keep us warm on our morning walk. Our conversations bring laughter and understanding, as we reflect on the journeys travelled and speak of hopes and ideas yet unrealized. Connecting with each other. Our troubles fade away just a little as the movement triggers a release of beautiful endorphins bringing feelings of greater wellbeing, as we take one step after another on a journey towards wellness. Turn left?... Turn right?..... You choose.....every walk is its own adventure.



Come on out and enjoy a walk with your peers. It's cheap.... It's fun.....It's accessible! Join us each Wednesday morning and take a step forward in your own wellness journey!

The walking group will meet at 10:00 am and finish our walk at 11:00 am. Please bring a water bottle and wear comfortable walking shoes. If you have any binoculars bring them along! There is always so much to see.

Due to the current situation with Covid 19, I will have to limit the number of participants attending to no more than 5. We will be observing the required physical distancing precautions, and a mask will be made available to you if you want one. Please be sure to register ahead of time, so that we do not have to turn anyone away.

If you are interested in the walking group, please contact Lorrie at 250-804-9617 or email her at [lorrie.campagnolo@cmha.bc.ca](mailto:lorrie.campagnolo@cmha.bc.ca)



**ALWAYS BRING  
YOUR OWN  
SUNSHINE.**



This month give yourself the gift of carving out some time for enjoyment in creating. Join others in a small group setting to explore the arts!

The art group will be moving towards online meetings as we head into cooler temperatures with the hope to open up a safe indoor meeting space in the near future.

Thank you to those who joined in creating their 'Inner Self Portraits', What an awesome creative group! I appreciate all the encouragement you give to each other and the richness in all our differences in expression. We had some fun working on a collaborative art piece and expanded our toolbox in trying new techniques and surfaces.

**'Creative Connection' Thursdays 1:30-3:00pm**

*For the online groups, all that is required is pen and paper, additional supplies will be given for special projects.*

**To sign up for 'Creative Connection'**

contact Nanika,  
cell phone 250 804-5628 or  
e-mail [nanika.albricht@cmha.bc.ca](mailto:nanika.albricht@cmha.bc.ca)



## Our Journaling Time



The change in seasons seems to provide opportunities to pause and reflect. It's the perfect time to reflect on your life, your Self, and any growth & changes you've gone through over the year so far.

This fall consider taking the time to reflect on the personal harvests in your life. "These are the things that you have invested your time and energy into over the past several months and the beautiful fruits of those efforts.

Maybe it's time to read over your old journal entries and consider the areas of growth in your life. What are the things in your life and within yourself that you have been tending and nurturing?

Think about the things outside of yourself....your projects, your creations. What important creations have you brought to fruition? What are some accomplishments that you're proud of?

But also reflect on the things within yourself you've been working on. How have you grown since the beginning of the year?" <https://www.theseasonalsoul.com/mabon-journal-prompts/>

So this fall take the time to acknowledge and celebrate even the smallest areas of growth in your life.....Take time to celebrate YOU right where you are at today.

**Starting October 30th, you are invited to join our online journaling group each Friday morning at 10:15-10:45. All you need is a pen, paper and an electronic device to run Zoom on.**

Contact Lorrie for more information or an email invitation for the Zoom session  
Call or text 250-804-9617  
Email - [lorrie.campagnolo@cmha.bc.ca](mailto:lorrie.campagnolo@cmha.bc.ca)



# Clubhouse



Greetings to everyone from all the staff at the CMHA Clubhouse!

There is no denying that the season of change is upon us. The leaves have changed colour and the trees are getting ready for a long winter's sleep. There is snow on the mountain tops and the cooler temperatures are bringing change to our beautiful valley as well as to the wellness programs at CMHA.

As many may be aware the staff at CMHA have been adapting their programs to make sure that they are as safe as possible in this strange time of Covid 19. Due to safety concerns throughout the spring and summer we were not able to open the clubhouse to the participants, so we had to get really, really creative.

We have been running some amazing programs on line (Journaling, Song club, and Mindfulness), and many people have enjoyed in person programming that we have been able to facilitate outdoors during the fair weather of spring and summer (Birding, Art, Drop-in, Gardening, & Walking Group).

Now it is time for us to get creative once again.

As the weather will now prevent most of the programming from happening outdoors, the staff at CMHA have been exploring various ways that could allow us to safely bring staff and participants back together in our newly renovated CMHA space. There is much to be considered and the safety of all will be central to all that we do.

Currently we are developing safety protocols that will need to be reviewed and approved by our Occupational Health and Safety Committee. We encourage you to contact the CMHA staff on their wellness phones, by email or check the CMHA website and Facebook page to receive updates on any changes in CMHA programming.

We look forward to seeing you all soon!



## The Buddy System

**Stay Connected**

**Physical distancing does not have to mean social isolation!**

Are you feeling lonely and want someone to talk to, someone to text with or maybe even a good old-fashioned pen pal? Or perhaps you have a bit of free time and the ability to reach out to someone who is feeling disconnected from their regular community? The Buddy System could be a great fit for you!

Please spread the word..... we are currently seeking participants that are interested in volunteering to be a Buddy, as well as individuals that feel that they might benefit from creating a connection with another participant from CMHA.

Everyone is welcome to participate-all you need is a phone, a computer or a stamped envelope! For those who choose to volunteer to be a Buddy, you will have the opportunity to give back to your community in a meaningful way.

**If you are interested in the Buddy System**  
please contact:

**Lorrie** at 250-804-9617 (leave a message) or  
email [lorrie.campagnolo@cmha.bc.ca](mailto:lorrie.campagnolo@cmha.bc.ca)



## Birding Club



A huge thank you to all the participants who came out and joined the Birding Club over the spring, summer and fall months.

Just because the Birding Club is taking a hiatus for the winter months, doesn't mean you need to stop watching the birds. Send pictures of bird sightings in to the newsletter at [newsletter.sr@cmha.bc.ca](mailto:newsletter.sr@cmha.bc.ca)

## Gardening Group Shuswap Community Teaching Garden



*See You  
In  
The  
Spring*

### UPCOMING TVP & CHEQUE DATES

**Time Sheets Due**  
November 27

**Cheque Date**  
December 10

If you wish to continue to be part of the TVP program, please contact Paivi at 250 832 8477 ext.109 or [paivi.sarre@cmha.bc.ca](mailto:paivi.sarre@cmha.bc.ca)



### SNOWSHOVELLER WANTED

Opportunity to make some cash  
Talk to Paivi. 250-832-8477 ext. 109

For more information



## Big Soft Ginger Cookies

Kathryn S

### Ingredients:

- 2 ¼ cups flour
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ¼ teaspoon salt
- ¾ cup butter or margarine – softened
- 1 cup white sugar
- 1 egg
- 1 tablespoon water
- ¼ cup molasses
- 2 tablespoons white sugar

### Method:

- Preheat oven to 350 F
- Sift together flour, ginger, baking soda, cinnamon, cloves, and salt – set aside
- In a large bowl
  - cream together the butter or margarine and 1 cup of sugar until light and fluffy
  - beat in egg, then stir in water and molasses
  - gradually stir in sifted ingredients into molasses mixture
- Shape dough into walnut sized balls and roll balls in the remaining 2 tablespoons of sugar
- Place cookies 2 inches apart onto an ungreased cook sheet and flatten slightly
- Bake for 8 – 10 minutes in the preheated oven
- Allow to cool on baking sheet before removing to a wire rack to cool completely
- Store in an airtight container.



## Hudson Thrift Shoppe



**The store is open  
10:00am – 3:00pm  
Tuesday to Friday**

In honour of Remembrance Day and November, we are having weekly Friday sales on men's wear!

**The Thrift Shoppe will be CLOSED WEDNESDAY  
NOVEMBER 11**

Come and explore our fall/winter clothing and shoes at Hudson Thrift Shoppe.

Also Follow us on Instagram @ hudsonthriftshoppe and Facebook page @ hudson thrift shoppe-Canadian Mental Health Association.

A big thank you to all our Volunteers and Our Community who are navigating Covid-19 protocols with us. We value your support through these unprecedented times.

We acknowledge that we are living in difficult times. Wellness for all is our priority at the Hudson Thrift Shoppe. We are following strict safety guidelines with regards to donations:

- Donations are accepted **Monday 9:00am – 11:00 am** at CMHA parking lot **ONLY!**
- **To help ensure the safety of our community, donations are stored for a minimum of 72 hours before sorted and put in the Thrift Shoppe.**
- For safety purposes, we ask our valued donors: *"Please do not leave donations in front of the store or outside."*



## Remembrance Day Meanderings

Kathryn S.

As Remembrance Day approaches, November 11, 2020, I was thinking of quite a few stories and remembrance days of the past. Or what Remembrance Day conjures up for those of us who are fortunate enough to reap the benefits of all those who served in two World Wars, giving their lives, being wounded, and surviving PTSD. PTSD was not a name coined in either of the Wars. Unfortunately, "Cowardice" was a military offence in the First World War and men were executed for their so called "cowardice". It was a completely mis-understood condition, sometimes called "Shell Shock", which manifested itself in many different ways. A crime in itself for those who suffered from it and were executed if they deserted, left their post, or refused to fight.

Now, as we all know, PTSD is named and recognized as a Mental Health Condition and can be treated. Plus, you don't have to be a soldier to suffer from PTSD. Many people are diagnosed with the condition every year in our country, and around the world.

Another thought is how as we journey through the current Covid 19 Crisis, we are only asked to stay at home, limit our contacts or gatherings, wear a mask, wash our hands, and other pretty easy to follow instructions. If one lived in the UK during the World Wars, there were numerous restrictions in every single part of their lives. Black Out Curtains, Food Rationing, Clothing Rationing, Bombing....did anyone really say it was "against their civil rights" to follow those instructions? Did they "protest" in the streets? No they did NOT. They, for the most part, worked together, as a unit, to make the best of a terrible time. Yes, of course, it was extremely difficult with no end in sight at times. But, when they worked together, they did make it through. In my opinion, the current "restrictions" that we are "asked" to follow is little enough for each of us to follow to help get through this Health Crisis.

While we wait it out, we are offered so many opportunities with CMHA here in town. Our new "Buddy" connections are still in effect, there are several options with online courses being offered, we can enjoy weekly walks in the outdoors, there is the "Journal" group online with Zoom or via telephone. Check out our newsletter for all the ideas on offer. If you need help, please ask. We are here to help each other, that never changes.

next week has been  
exhausting.



## EXPERIENCE GROWTH & CONNECTION

**Free online courses** are for *anyone* and *everyone* who wants to gain the confidence to face life's challenges. Courses are created to support your well-being through learning. You will experience an empowering learning environment where genuine people share knowledge and practical tools.

CANADIAN MENTAL HEALTH ASSOCIATION  
**discovery college**  
KELOWNA

<https://discoverycollegkelowna.com/courses/>

CANADIAN MENTAL HEALTH ASSOCIATION  
**recovery college**  
CALGARY

<https://recoverycollegcalgary.ca/courses>

CANADIAN MENTAL HEALTH ASSOCIATION  
**recovery college**  
Wood Buffalo

[www.recoverycollegewoodbuffalo.ca](http://www.recoverycollegewoodbuffalo.ca)

CANADIAN MENTAL HEALTH ASSOCIATION  
**recovery college**  
LETHBRIDGE

<https://recoverycollegethbridge.ca/courses/?filter=online>



**Mental Health  
Resource Guide**  
Winnipeg Edition

<https://mbwpg.cmha.ca/programs-services/learning-centre/>

**CHECK OUT THE COURSES OFFERED AT THE  
ABOVE LOCATIONS**

Don't adapt to the  
energy in the room.  
Influence the energy  
in the room.

## PARTICIPANT FUNDING



**Applications Due November 18**

Application Forms Available from  
The Hudson Thrift Shoppe on  
Wednesday November 3<sup>rd</sup> and 18<sup>th</sup>  
between 10am and 3pm  
or anytime by requesting an  
application by emailing  
[participant.funding.sr@cmha.bc.ca](mailto:participant.funding.sr@cmha.bc.ca)

Return Applications to  
Thrift Shoppe on  
Wednesday November 3<sup>rd</sup> and 18<sup>th</sup>  
or  
Email to  
[participant.funding.sr@cmha.bc.ca](mailto:participant.funding.sr@cmha.bc.ca)

**Please be sure to attach to the  
application**

- **Course or Activity  
Description  
and**
- **Fee Schedule from the  
Organization**

*Applications cannot be processed  
without this information*

**ART WORK – CREATIVE CONNECTION**

Eiko U

'Inner Self-Portrait'



Mandala for grounding



What I see from the other side



**Photograph**

Carol S



Snowfall  
Friday  
October 23, 2020

**? What Is It ?**



What Is It  
Can Opener Replacement Parts  
Egg Beater  
Shoelace Tightener  
Coffee Grinder